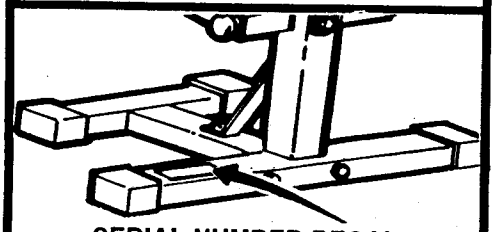
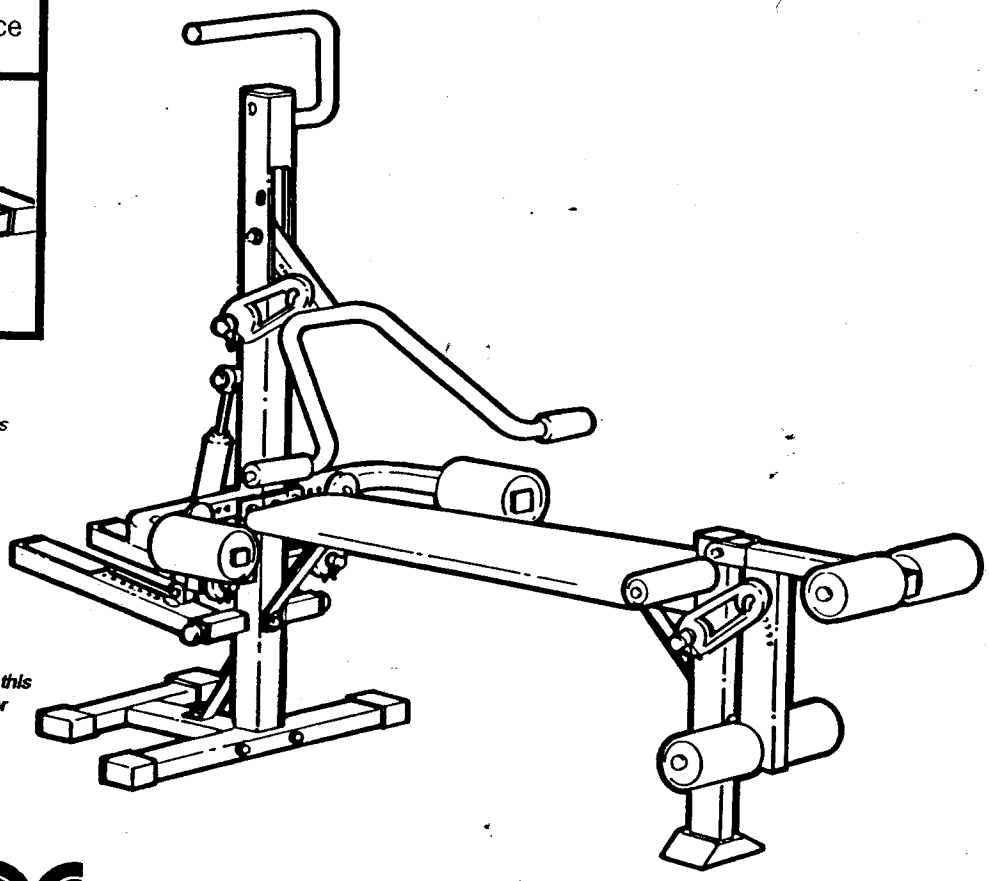
FLEX CXT 1112

MODEL NO. 1112
SERIAL NO.
Write the serial number in the space above for reference.



SERIAL NUMBER DECAL



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

weider®

OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

PAM-1112

1112 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAIN FRAME	1	C3227-F31*F31
2	REAR BASE	1	C3228-F31*F31
3	BACKBONE	1	C3229-F31*F31
4	PIVOT TUBE 3/4" X 4"	2	C6341-E03*F31
5	PEC-DECK MOUNTING BRACKET	2	C6714-E03*F31
6	PEC-DECK ARM	2	C6506-E03*F31
7	FOAM ROLLERS 3" X 5 3/4"	4	C0468-F23*F31
8	FLEX BAND	4	C6270-F31*F31
9	BACKREST MOUNTING PLATE	2	C6713-E03*F31
10	BACKBONE BRACE	1	C6784-F31*F31
11	STEPPER BRACE	1	C6785-F31*F31
12	BACKREST	1	C1381-F31*F31
13	PAD BAR 3/4" X 13"	2	C6387-F31*F31
14	LEG CURL	1	C3232-F31*F31
15	STEPPER HANDLE	1	C6386-F31*F31
16	STEPPER PEDAL - RIGHT 1" X 3"	1	C3230-F31*F31
17	STEPPER PEDAL - LEFT 1" X 3"	1	C3231-F31*F31
18	ARM PRESS ARM	1	C6509-F31*F31
19	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*F31
20	5/16" X 3 1/2" HEX HEAD BOLT	2	HH-5294*F31
21	5/16" FLAT WASHER	10	HH-5127*F31
22	5/16" NYLON LOCK NUT	14	HH-5012*F31
23	5/16" X 3" HEX HEAD BOLT	1	HH-5167*F31
24	5/16" X 3 1/4" HEX HEAD BOLT	3	HH-5297*F31
25	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5333*F31
26	1/4" NYLON LOCK NUT	6	HH-5011*F31
27	1/4" X 2" MACHINE SCREW	2	HH-5256*F31
28	1/4" X 2" CARRIAGE BOLT	2	HH-5338*F31
29	1/4" FLAT WASHER	1	HH-5048*F31
30	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*F31
31	5/16" X 1" HEX HEAD BOLT	2	HH-5332*F31
32	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F31
33	1" ROUND PLASTIC COVER CAP	2	HH-5348*F31
34	1 1/2" SQUARE RUBBER FOOT	2	AA-8212*F31
35	1 1/2" X 3" RUBBER FOOT	2	AA-8169*F31
36	2 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8013*F31
37	PLASTIC BASE FOOT	1	AA-8153*F31
38	3/4" ROUND PLASTIC INSERT CAP	10	AA-8004*F31

1112 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
39	1 1/2" SQUARE PLASTIC INSERT CAP	6	AA-8001*F31
40	1 1/2" X 3" PLASTIC INSERT CAP	1	AA-8130*F31
41	1 1/2" SQUARE END BUSHING	4	AA-8203*F31
42	1" RING RETAINER	2	HH-5423*F31
43	5/8" RING RETAINER	2	HH-5422*F31
44	RUBBER LEG CURL BUMPER	1	AA-8131*F31
45	1/2" X 5/8" LONG METAL BUSHING	1	HH-5362*F31
46	FLEX CXT DECAL	1 SET	DE-4243*F31
47	LEG CURL SCALE RESISTANCE DECAL	1 SET	DE-4243*F31
48	STEPPER RESISTANCE SCALE DECAL	1 SET	DE-4243*F31
49	STATION 2 DECAL	1 SET	DE-4243*F31
50	ARM PRESS RESISTANCE DECAL	1 SET	DE-4243*F31
56	5/8" I.D. X 1 1/2" SPACER BUSHING	2	AA-8149*F31
58	RESISTANCE CYLINDER	2	ZZ-0006*F31
59	RESISTANCE CYLINDER MOUNTING BRACKET	2	C6742-E28*F31
60	TENSION KNOB	2	HH-5400*F31
61	FOOT PAD	2	AA-8209*F31
62	#8 SHEET METAL SCREW	2	HH-5464*F31
63	1 1/4" ROUND PLASTIC INSERT CAP	2	AA-8014*F31
64	1/4" X 1/2" ROUND HEAD SCREW	4	HH-5022*F31
65	5/32" X 1/2" MACHINE SCREW	1	HH-5432*F31
66	5/16" X 2" HEX HEAD BOLT	1	HH-5054*F31
67	5/16" X 2 1/4" HEX HEAD BOLT	1	HH-5199*F31
68	PAD BAR 3/4" X 13 1/2"	1	C6357-F03*F31
69	FOAM ROLLER 2 1/4" X 6"	2	C0449-E08*F31
70	1" ROUND PLASTIC INSERT CAP	2	AA-8005*F31
71	FOAM GRIP 1" X 5"	2	C0439-D19*F31
72	PLASTIC BUMPER	1	AA-8132*F31
73	3/4" X 9" ARM PRESS BAND BAR	1	C6253-E03*F31
74	LARGE SPRING CLIP 3/4"	4	WW-7047*F31
75	SMALL SPRING SLIP 3/8"	2	WW-7043*F31
76	L-PIN 4"	4	WW-7051*F31
77	3/4" X 6" LEG CURL BAND BAR	1	C6254-E03*F31
	ASSEMBLY MANUAL	1	CNN-1189*F31
	HARDWARE BAG (NUTS & BOLTS)	1	C5973-F31*F31
	HARDWARE BAG (PLASTICS)	1	C5974-F31*F31

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL-BEING. Joe Weider

HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.

3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK X AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

4. YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

5. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES, OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.

6. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.

7. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.

8. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.

9. IN ASSEMBLY, WHEN THERE ARE INSTRUCTIONS THAT INDICATE THE USE OF A WASHER WHEN BOLTING, IT IS VERY IMPORTANT TO USE THE WASHER IN EACH PLACE SHOWN. THE WASHERS ARE USED TO DISTRIBUTE THE LOAD ON THE BOLT AND ARE VERY IMPORTANT.

10. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.

11. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.

12. WITH CONTINUED USE THE MOVING PARTS OF THIS UNIT WILL BECOME STIFF AND POSSIBLY BEGIN SQUEAKING. LUBRICATE THE MOVING PARTS WITH ANY HOUSEHOLD LUBRICATING OIL NOTE: IT MAY BE NECESSARY TO PARTIALLY DIS-ASSEMBLE THE PARTS TO LUBRICATE THE PARTS PROPERLY.

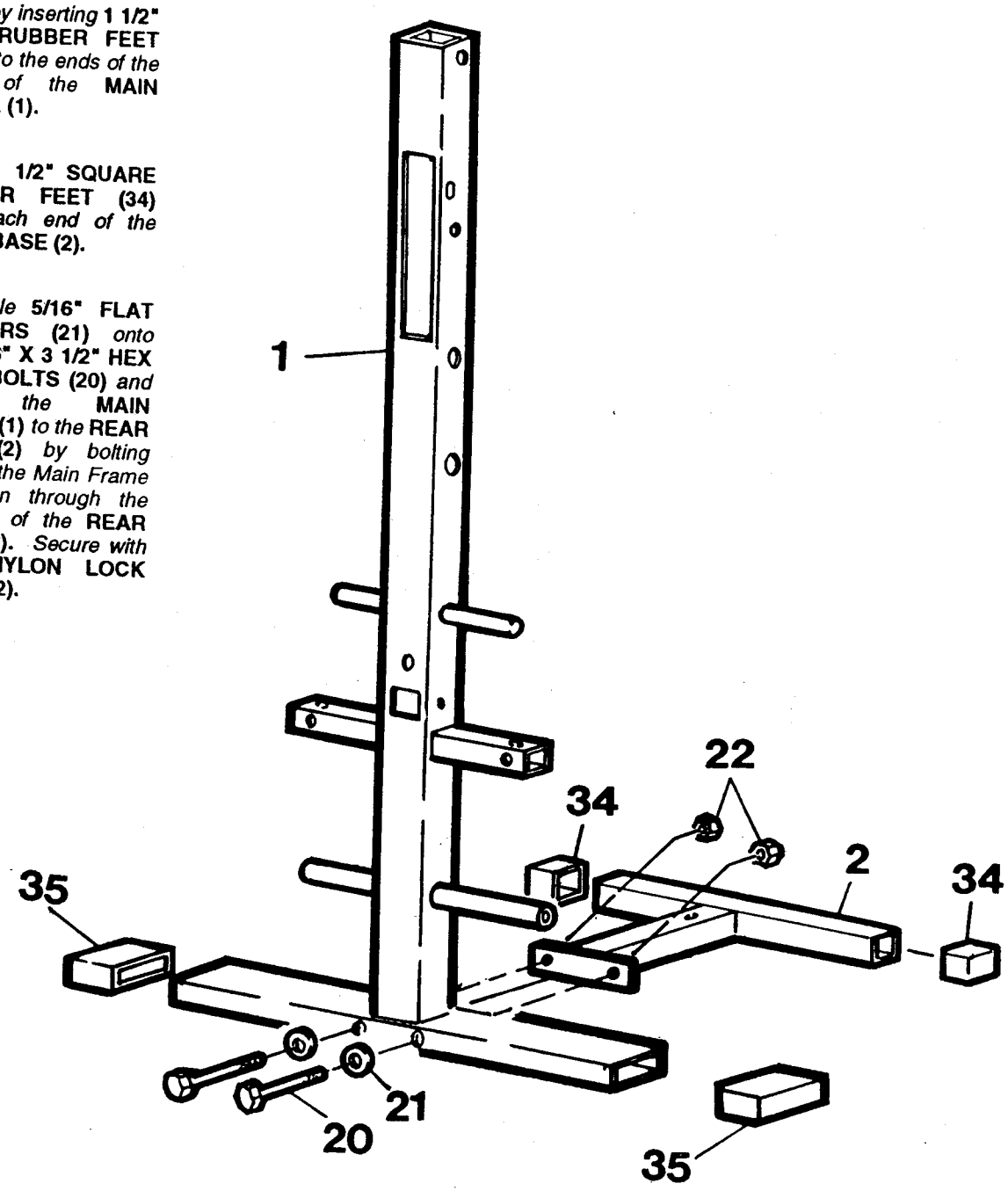
STEP 1 BASE FRAME ASSEMBLY

PART NAME	QTY
20 5/16" X 3 1/2" HEX HEAD BOLT	2
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	2
34 1 1/2" SQUARE RUBBER FEET	2
35 1 1/2" X 3" RUBBER FEET	2

☐ *Begin by inserting* **1 1/2" X 3" RUBBER FEET (35)** *onto the ends of the Base of the* **MAIN FRAME (1).**

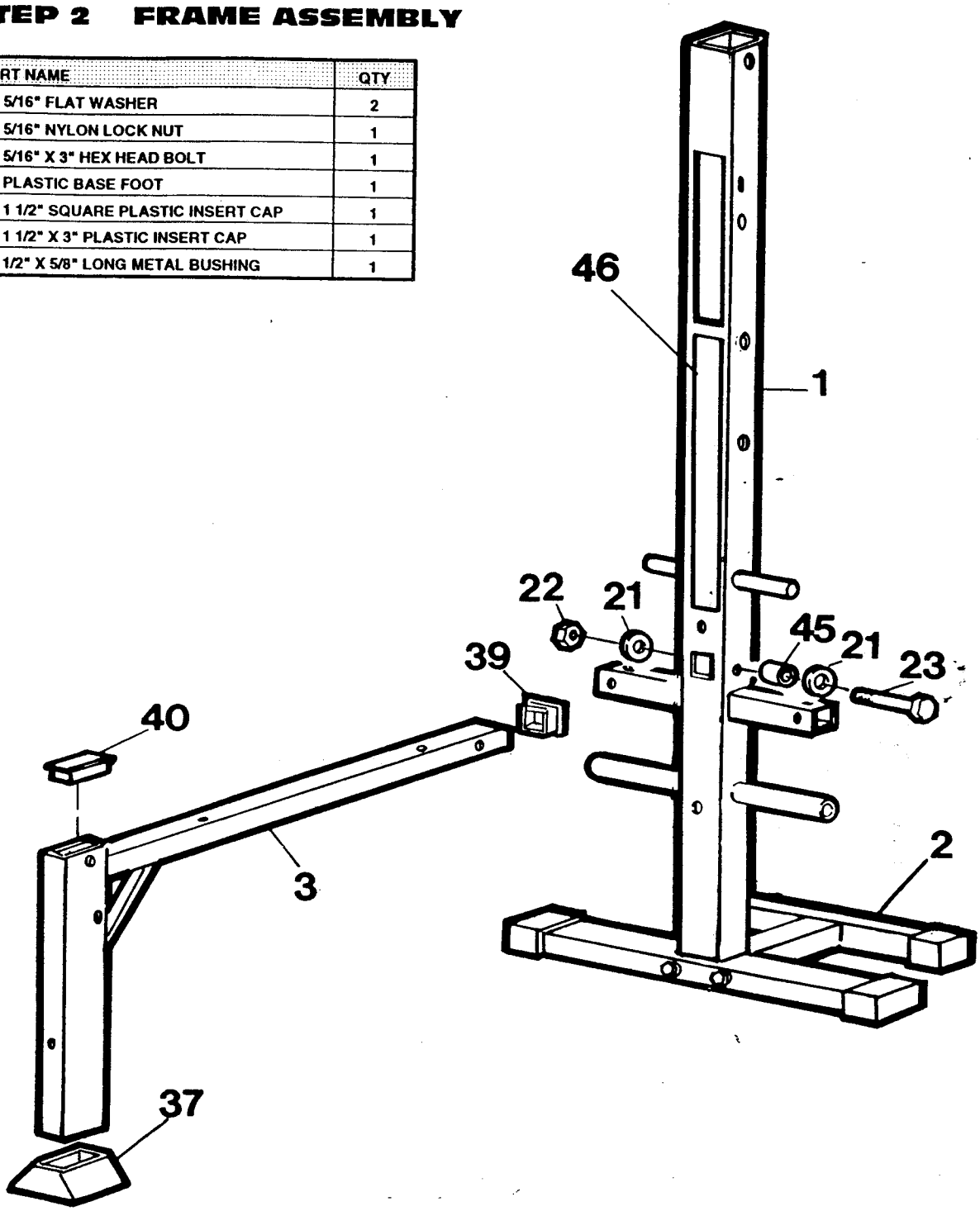
☐ *Press* **1 1/2" SQUARE RUBBER FEET (34)** *onto each end of the* **REAR BASE (2).**

☐ *Assemble* **5/16" FLAT WASHERS (21)** *onto two* **5/16" X 3 1/2" HEX HEAD BOLTS (20)** *and attach the* **MAIN FRAME (1)** *to the* **REAR BASE (2)** *by bolting through the Main Frame and then through the brackets of the* **REAR BASE (2).** *Secure with* **5/16" NYLON LOCK NUTS (22).**



STEP 2 FRAME ASSEMBLY

PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	1
23 5/16" X 3" HEX HEAD BOLT	1
37 PLASTIC BASE FOOT	1
39 1 1/2" SQUARE PLASTIC INSERT CAP	1
40 1 1/2" X 3" PLASTIC INSERT CAP	1
45 1/2" X 5/8" LONG METAL BUSHING	1



☐ *Cap the bottom of the* **BACKBONE FRONT LEG (3)** *with a* **PLASTIC BASE FOOT (37).**

☐ *Insert the* **BACKBONE (3)** *into the* **MAIN FRAME (1).** *Place a* **5/16" FLAT WASHER (21),** *and a* **1/2" X 5/8" LONG METAL BUSHING (45)** *onto a* **5/16" X 3" HEX HEAD BOLT (23)** *and insert through the Main Frame and Backbone. Add another* **5/16" FLAT WASHER (21)** *and secure with a* **5/16" NYLON LOCK NUT (22).**

☐ *Cap the end of the* **BACKBONE (3)** *with a* **1 1/2" SQUARE PLASTIC INSERT CAP (39)** *and the top of the Front Leg of the Backbone with a* **1/2" X 3" PLASTIC INSERT CAP (40).**

☐ *Affix the* **"FLEX CXT" DECAL (46)** *to the Main Frame Mast by positioning the Decal closely beneath the Arm Press Handle Slot.*

STEP 3 PIVOT TUBE ASSEMBLY

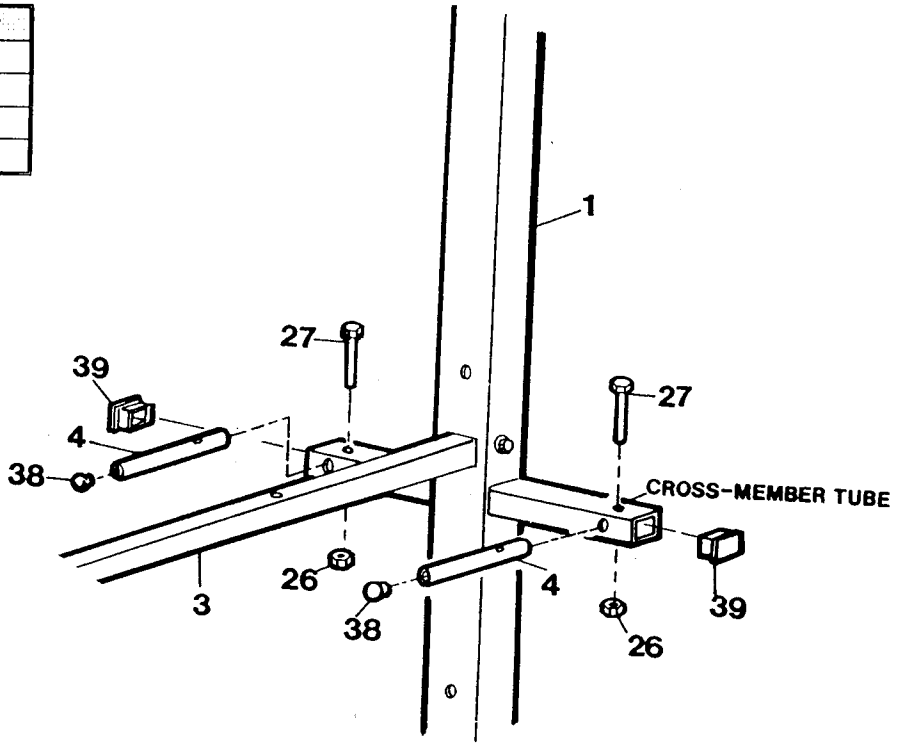
PART NAME	QTY
26 1/4" NYLON LOCK NUT	2
27 1/4" X 2" MACHINE SCREW	2
38 3/4" ROUND PLASTIC INSERT CAP	2
39 1 1/2" SQUARE PLASTIC INSERT CAP	2

☐ *Insert the end with the hole of the* **3/4" X 4" PIVOT TUBES (4)** *into the hole locations at the ends of the Main Frame Cross-member.*

☐ *Rotate the* **3/4" X 4" PIVOT TUBES (4)** *until the bolt holes align and using* **1/4" X 2" MACHINE SCREWS (27),** *bolt down through the top of the Cross-member and then through the Pivot Tube. Secure with* **1/4" NYLON LOCK NUTS (26).**

☐ *Cap the end of each* **PIVOT TUBE (4)** *with a* **3/4" ROUND PLASTIC INSERT CAP (38).**

☐ *Insert* **1 1/2" SQUARE PLASTIC INSERT CAPS (39)** *into the ends of the Main Frame Cross-member.*

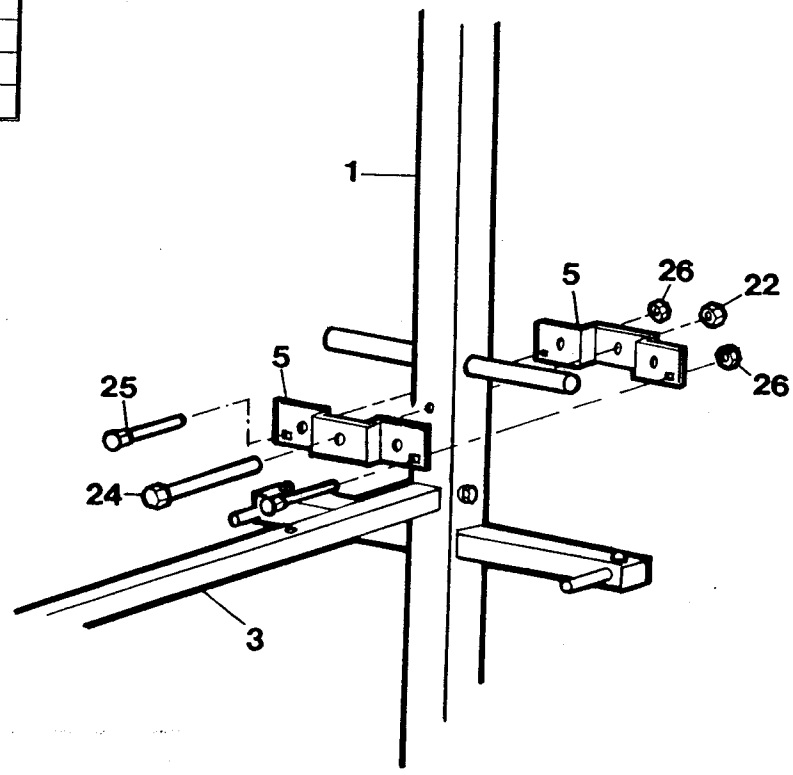


STEP 4 PEC-DECK MOUNTING BRACKET ASSEMBLY

PART NAME	QTY
22 5/16" NYLON LOCK NUT	1
24 5/16" X 3 1/4" HEX HEAD BOLT	1
25 1/4" X 2 1/2" CARRIAGE BOLT	2
26 1/4" NYLON LOCK NUT	2

☐ *Attach the* **PEC-DECK MOUNTING BRACKETS (5)** *to the* **MAIN FRAME (1)** *at the hole location directly above the* **BACKBONE (3)** *by bolting with a* **5/16" X 3 1/4" HEX HEAD BOLT (24)** *through the Mounting Bracket at the front of the unit, then the Main Frame, and then through the second Mounting Bracket. Secure with a* **5/16" NYLON LOCK NUT (22). DO NOT TIGHTEN AT THIS TIME TO AID IN FURTHER ASSEMBLY.**

☐ *To the hole positions at the lower corners of the* **PEC-DECK MOUNTING BRACKETS (5)** *assemble* **1/4" X 2 1/2" CARRIAGE BOLTS (25)** *and* **1/4" NYLON LOCK NUTS (26).**



STEP 5 BACKREST MOUNTING PLATE & BRACE ASSEMBLIES

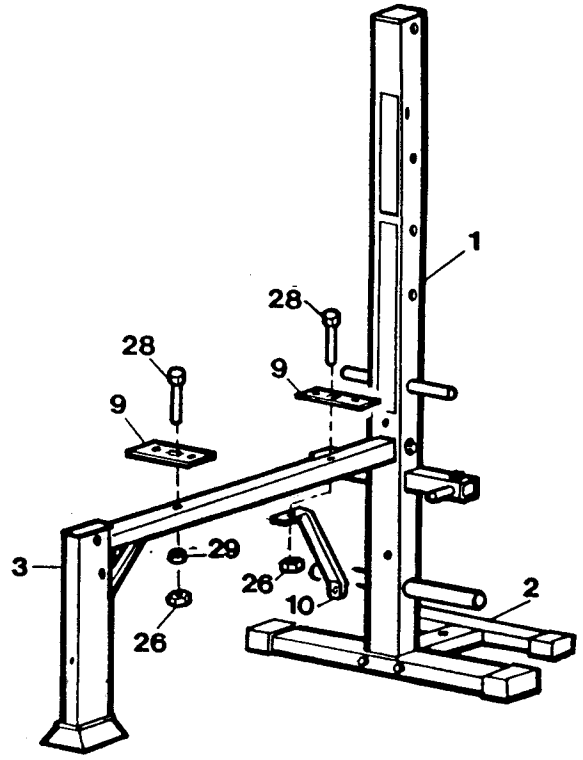
PART NAME	QTY
22 5/16" NYLON LOCK NUT	2
24 5/16" X 3 1/4" HEX HEAD BOLT	1
26 1/4" NYLON LOCK NUT	2
28 1/4" X 2" CARRIAGE BOLT	2
29 1/4" FLAT WASHER	1
66 5/16" X 2" HEX HEAD BOLT	1

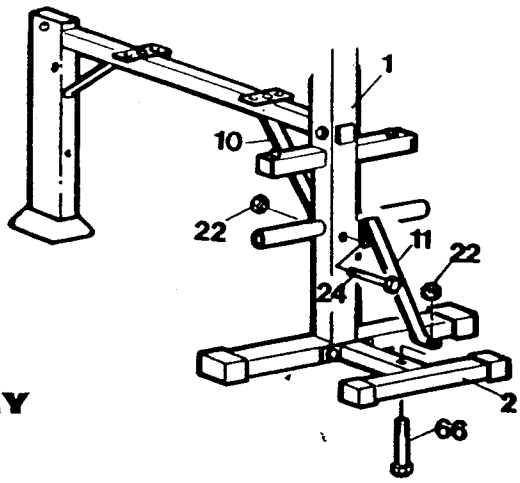
☐ *Attach the front* **BACKREST MOUNTING PLATE (9)** *to the front hole in the* **BACKBONE (3)** *by bolting with a* **1/4" X 2" CARRIAGE BOLT (28)** *down through the Mounting Plate and then through the* **BACKBONE (3)**. *Assemble a* **1/4" FLAT WASHER (29)** *onto the bolt and secure with a* **1/4" NYLON LOCK NUT (26)**.

☐ *Assemble the rear* **BACKREST MOUNTING PLATE (9)** *to the rear hole in the* **BACKBONE (3)** *by bolting with a* **1/4" X 2" CARRIAGE BOLT (28)** *down through the Mounting Plate, the Backbone, and then through one end of the* **BACKBONE BRACE (10)**. *Secure with a* **1/4" NYLON LOCK NUT (26)**.

☐ *To attach the* **STEPPER BRACE (11)**, *place a* **5/16" X 3 1/4" HEX HEAD BOLT (24)** *through the slotted curled end of the* **STEPPER BRACE (11)**, *then through the* **MAIN FRAME (1)**, *and then the* **BACKBONE BRACE (10)**. *Secure with a* **5/16" NYLON LOCK NUT (22)**.

☐ *Fasten the lower end of the* **STEPPER BRACE (11)** *to the* **REAR BASE (2)** *by bolting with a* **5/16" X 2" HEX HEAD BOLT (66)** *up through the Rear Base and then through the Stepper Brace. Secure with a* **5/16" NYLON LOCK NUT (22)**.



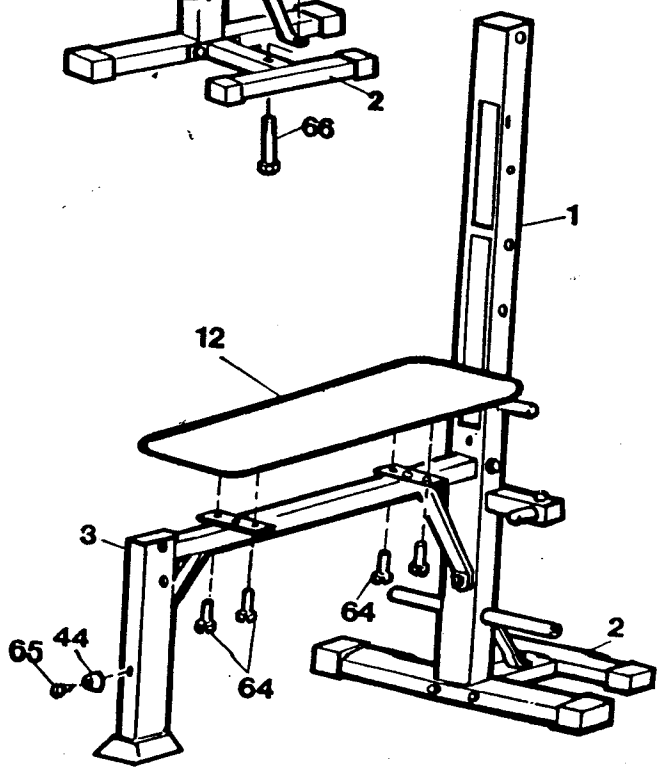


STEP 6 BACKREST ASSEMBLY

PART NAME	QTY
44 RUBBER LEG CURL BUMPER	1
64 1/4" X 1/2" ROUND HEAD SCREW	4
65 5/32" X 1/2" MACHINE SCREW	1

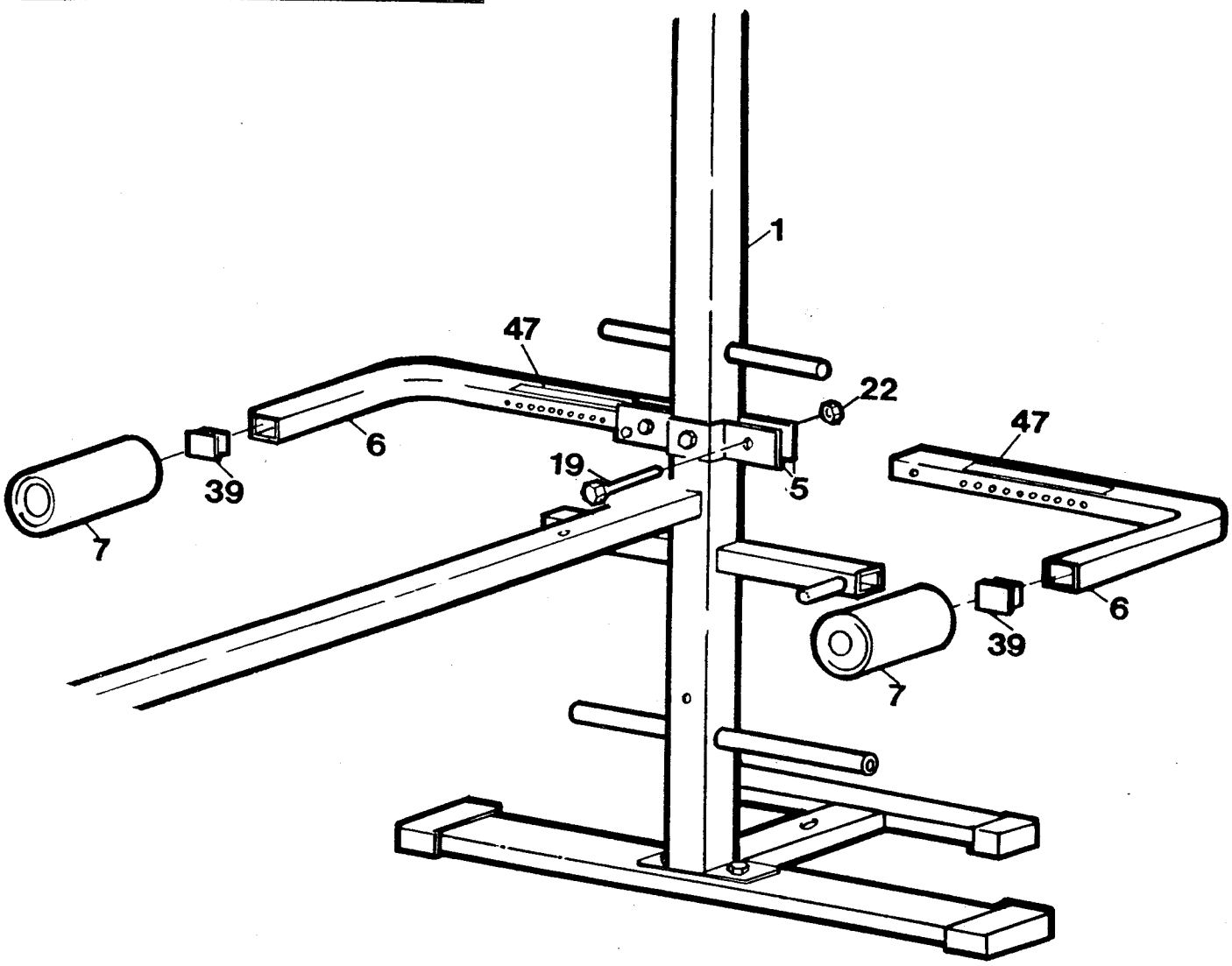
☐ *Position* **BACKREST (12)** *onto the* **BACKBONE (3)** *so that the mounting holes in the brackets align with the holes in the underside of the Backrest. Bolt in place using four* **1/4" X 1/2" ROUND HEAD SCREWS (64)**.

☐ *Fasten the* **RUBBER LEG CURL BUMPER (44)** *to the front of the* **BACKBONE LEG (3)** *with a* **5/32" X 1/2" MACHINE SCREW (65)**.



STEP 7 PEC-DECK ARM ASSEMBLY

PART NAME	QTY
19 5/16" X 2 1/2" HEX HEAD BOLT	2
22 5/16" NYLON LOCK NUT	2
39 1 1/2" SQUARE PLASTIC INSERT CAP	2



☐ *Position the* **PEC-DECK ARMS (6)** *between the* **PEC-DECK MOUNTING BRACKETS (5)** *and bolt in place with* **5/16" X 2 1/2" HEX HEAD BOLTS (19).** *Fasten with* **5/16" NYLON LOCK NUTS (22).**

☐ *After the Arms are bolted into the Brackets go back and tightly fasten the Brackets to the* **MAIN FRAME (1)** *that were previously left untightened.*

☐ *Cap the ends of the* **PEC-DECK ARMS (6)** *with* **1 1/2" SQUARE PLASTIC INSERT CAPS (39).**

☐ *After wiping a small amount of liquid dish detergent lubricant over the ends of the Arms, press on* **3" X 5 3/4" FOAM ROLLERS (7).**

☐ *Affix the* **PEC-DECK ARM RESISTANCE SCALE DECALS (47)** *(Numbers from 15 to 55) atop the arms so that "55" is positioned in line with the resistance hole furthest away from the Frame Mast.*

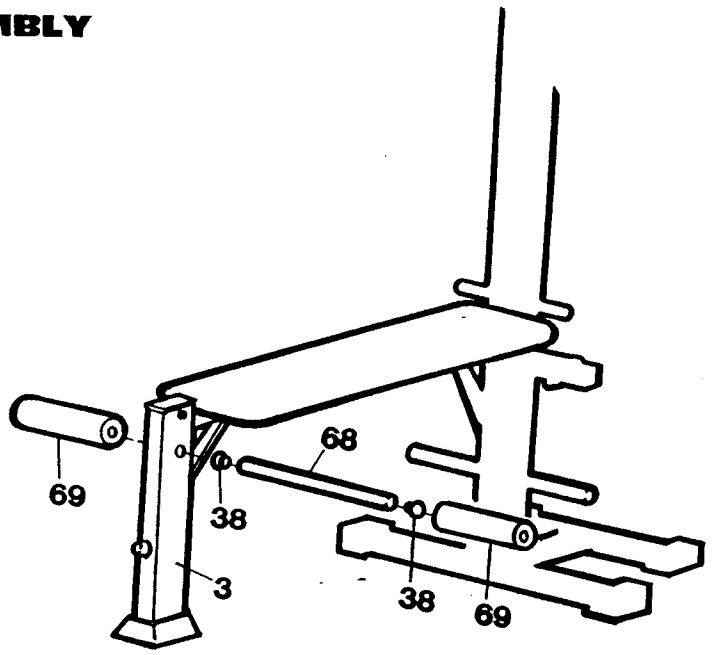
STEP 8 FOAM ROLLER ASSEMBLY

PART NAME	QTY
38 3/4" ROUND PLASTIC INSERT CAP	2

☐ *Press* **3/4" ROUND PLASTIC INSERT CAPS (38)** *into the ends of a* **3/4" X 13 1/2" PAD BAR (68).**

☐ *Onto one end of the* **PAD BAR (68)** *press on a* **2 1/4" X 6" FOAM ROLLER (69).** *To aid in the assembly of the Foam Rollers, wipe a small amount of liquid dish detergent along the surface of the Pad Bar to act as a lubricant.*

☐ *Insert the assembly into the upper positioned hole on the front of the* **BACKBONE LEG (3)** *and then assemble on another* **2 1/4" X 6" FOAM ROLLER (69)** *onto the opposite end of the Bar.*



STEP 9 LEG CURL ASSEMBLY

PART NAME	QTY
22 5/16" NYLON LOCK NUT	1
38 3/4" ROUND PLASTIC INSERT CAP	4
39 1 1/2" SQUARE PLASTIC INSERT CAP	1
67 5/16" X 2 1/4" HEX HEAD BOLT	1

☐ *Assemble the brackets of the* **LEG CURL (14)** *to the* **BACKBONE LEG (3)** *using a* **5/16" X 2 1/4" HEX HEAD BOLT (67)** *and bolting through the brackets of the* **LEG CURL (14)** *and then through the* **BACKBONE LEG (3).** *Secure with* **5/16" NYLON LOCK NUT (22).**

☐ *Press* **3/4" ROUND PLASTIC INSERT CAPS (38)** *into the ends of the* **3/4" X 13" PAD BARS (13).**

» NOTE: *To each Pad Bar wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Rollers. When the detergent dries, it acts as an adhesive.*

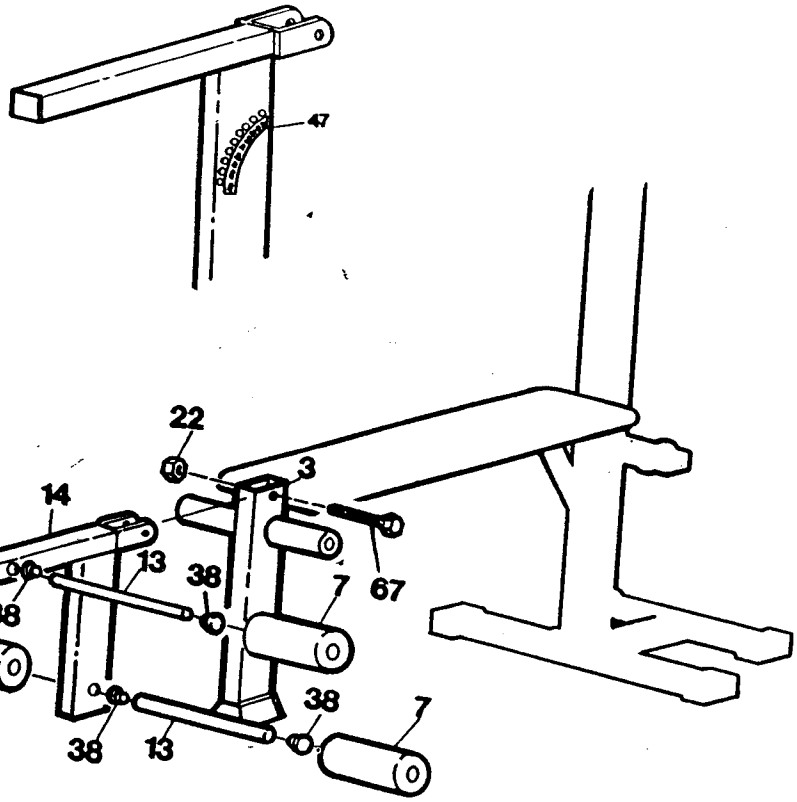
☐ *To one end of each* **PAD BAR (13)** *press on one* **3" X 5 3/4" FOAM ROLLER (7).**

☐ *Insert one* **PAD BAR (13)** *into a hole on the lower section of the* **LEG CURL (14).**

☐ *Press another* **3" X 5 3/4" FOAM ROLLER (7)** *onto the inserted tube end.*

☐ *Assemble the other* **PAD BAR (13)** *into the hole on the upper section of the Leg Curl and assemble on another Foam Roller onto the inserted tube end.*

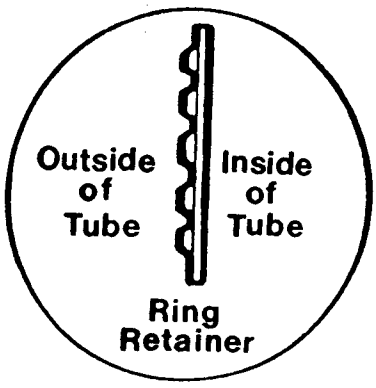
☐ *Press a* **1 1/2" SQUARE PLASTIC INSERT CAP (39)** *into the end of the Leg Curl Tube.*



☐ *Remove the* **LEG CURL SCALE RESISTANCE DECAL (47)** *from the backing sheet and position the Decal on the left side of the Leg Curl under the resistance holes so that the number setting align with the holes.*

STEP 10 STEPPER ASSEMBLY

PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	2
30 5/16" X 1 1/2" HEX HEAD BOLT	2
32 5/8" ROUND PLASTIC COVER CAP	2
33 1" ROUND PLASTIC COVER CAP	2
41 1 1/4" SQUARE END BUSHING	4
42 1" RING RETAINER	2
43 5/8" RING RETAINER	2
56 5/8" I.D. X 1 1/2" BUSHING	2
62 #8 SHEET METAL SCREW	2



DETAIL A

☐ *Press* 1 1/4" SQUARE END BUSHINGS (41) *into each* STEPPER PEDAL (16) *and* (17).

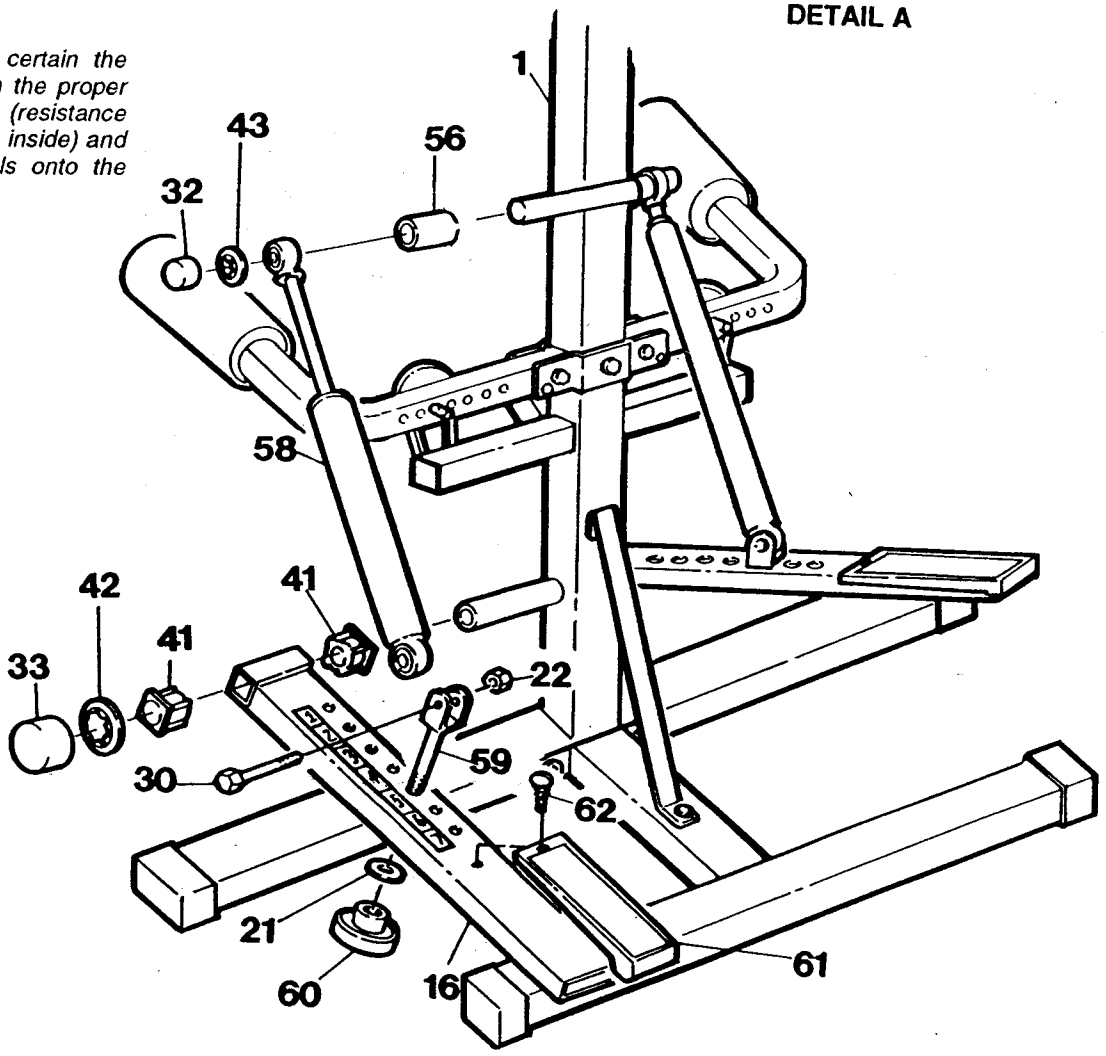
☐ *Double check to be certain the correct Pedals are on the proper sides of the Frame (resistance holes should be to the inside) and then press the Pedals onto the Pivot Tube.*

☐ *Press on* 1" RING RETAINERS (42) *onto the Pivot Tube. The teeth must be placed so that they face the outside of the tube. Push the Ring Retainer all the way to the Pedal forcing it snugly against the Plastic Bushing.* (SEE DETAIL A.).

☐ *Cap the ends of the Pivot Tube with* 1" ROUND PLASTIC COVER CAPS (33).

☐ *Slide a* 5/8" X 1 1/2" I.D. SPACER BUSHING (56) *all the way onto the Support Tube. Next, assemble the* RESISTANCE CYLINDER (58) *onto the Support Tube.*

☐ *Press on a* 5/8" RING RETAINER (43) *making sure the teeth face the outside of the Support Tube and the Ring is seated firmly against the Resistance cylinder.*



☐ *Cap the ends of the Support Tube with* **5/8" ROUND PLASTIC COVER CAPS (32).**

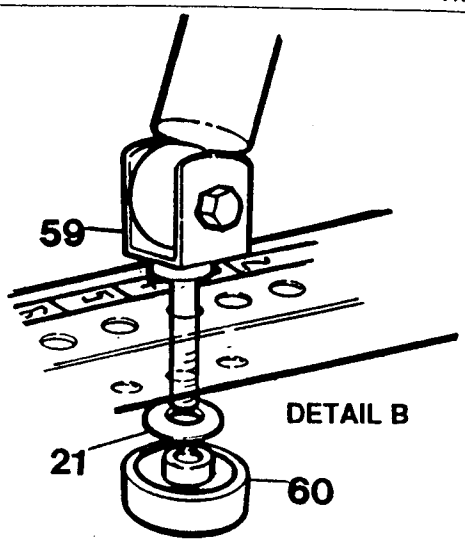
☐ *Place the* **CYLINDER MOUNTING BRACKET (59)** *into one of the resistance setting holes and secure with a* **5/16" FLAT WASHER (21)** *and a* **TENSION KNOB (60).**

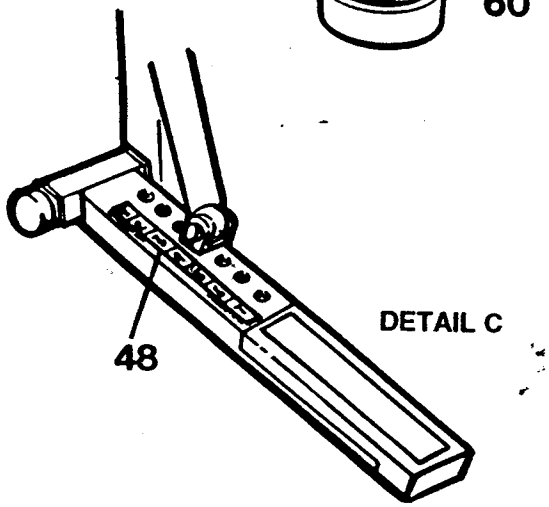
☐ *Attach* **RESISTANCE CYLINDER (58)** *to the* **CYLINDER MOUNTING BRACKET (59)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (30)** *and a* **5/16" NYLON LOCK NUT (22).**

☐ *Remove* **STEPPER RESISTANCE SCALE DECALS (48)** *from backing and attach Decals to the Pedals so they align with hole settings on the Pedals. Setting "1" should be to the front of the Pedal.* **(SEE DETAIL B.)**

☐ *Attach* **FOOT PADS (61)** *to the rear of the Pedals. Secure each with* **#8 SHEET METAL SCREW (62).**

☐ **SETTING RESISTANCE:** *After Pedal are attached to the Resistance Cylinders, the resistance can be changed by unscrewing the* **TENSION KNOBS (60)** *from the Pedals and moving the* **RESISTANCE CYLINDER MOUNTING BRACKETS (59)** *to another hole and re-assembling the Knob.* **(SEE DETAIL C.)**





STEP 11 STEPPER HANDLE ASSEMBLY

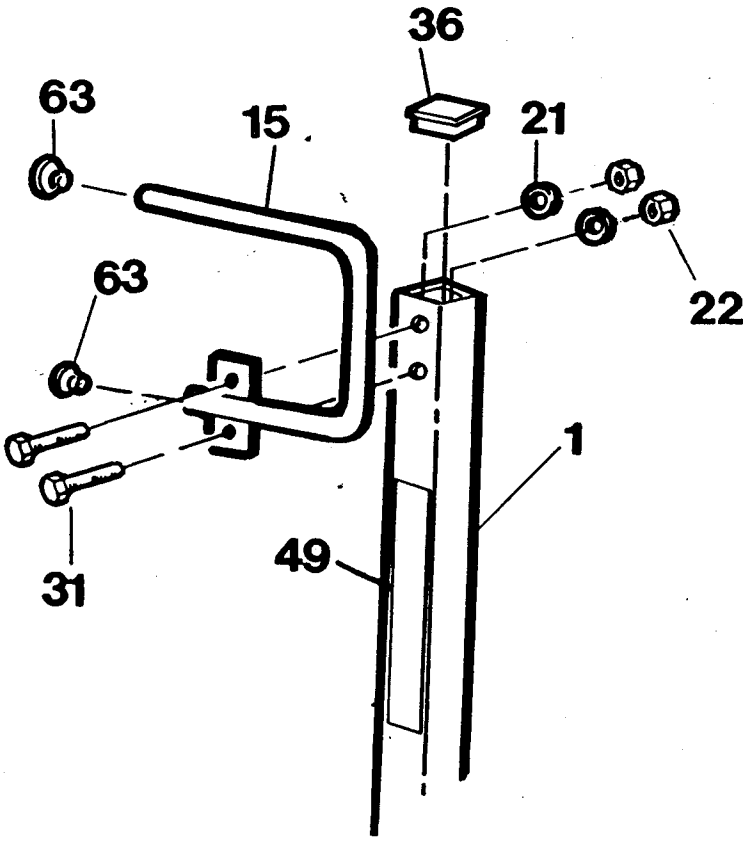
PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	2
31 5/16" X 1" HEX HEAD BOLT	2
36 2 1/2" SQUARE PLASTIC INSERT CAP	1
63 1 1/4" ROUND PLASTIC INSERT CAP	2

☐ *Assemble* **5/16" FLAT WASHERS (21)** *onto two* **5/16" X 1" HEX HEAD BOLTS (31)** *and attach the* **STEPPER HANDLE (15)** *to the* **MAIN FRAME (1)** *by bolting through the mounting holes inside the and nearest to the top of the Main Frame Tube and then through the brackets of the Stepper Handle. Secure with* **5/16" NYLON LOCK NUTS (22).**

☐ *Cap the top of the* **MAIN FRAME (1)** *with a* **2 1/2" SQUARE PLASTIC INSERT CAP (36).**

☐ *Cap the ends of the* **STEPPER HANDLE (15)** *with* **1 1/4" ROUND PLASTIC INSERT CAPS (63).**

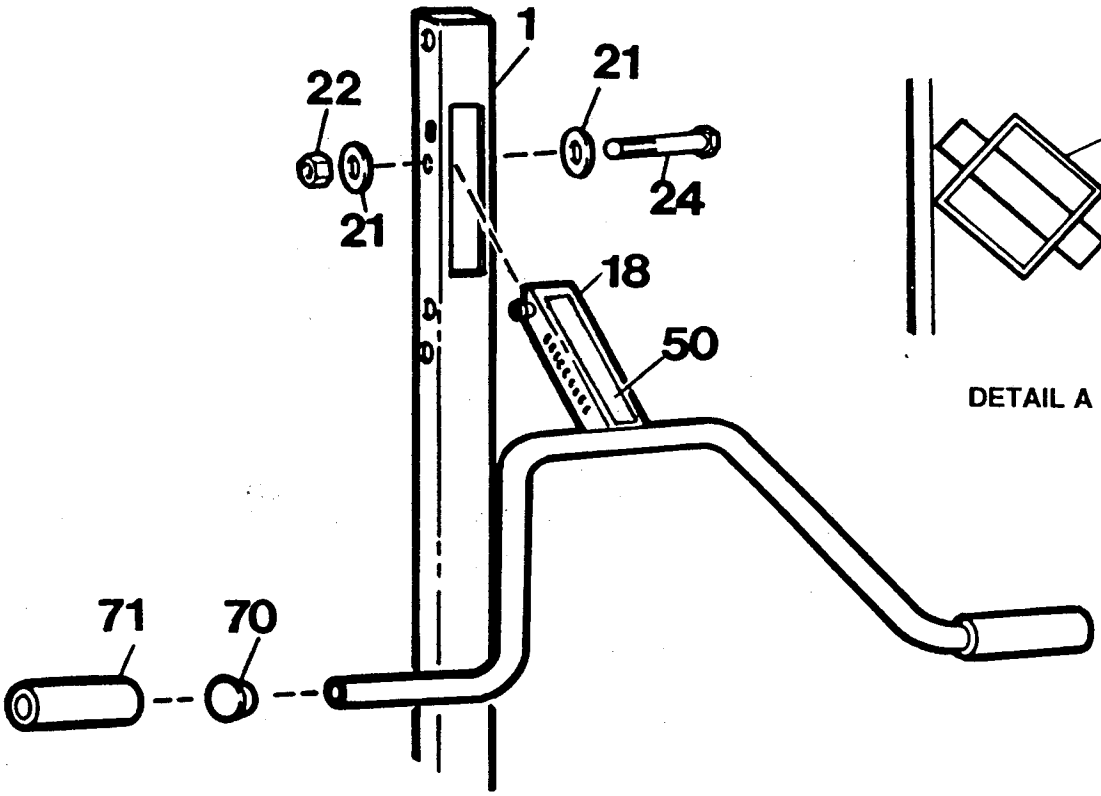
☐ *Attach* **STATION 2 DECALS (49)** *to the* **MAIN FRAME (1)** *just above the Resistance Cylinder Support Tube.*

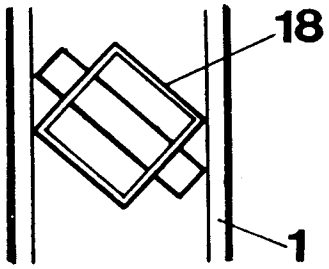


STEP 12 ARM PRESS ASSEMBLY

PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	1
24 5/16" X 3 1/4" HEX HEAD BOLT	1
70 1" ROUND PLASTIC INSERT CAP	2
72 PLASTIC BUMPER	1

☐ *Assemble* ARM PRESS ARM (18) *into* MAIN FRAME (1). TO DO THIS, TURN HANDLE BAR AT AN ANGLE SO THAT THE HANDLE BAR EXTENSION AND WELDED SPACER FIT INTO THE OPENING OF THE FRAME. ONCE INSIDE THE FRAME TUBE TWIST THE HANDLE BAR BACK INTO A STRAIGHT ALIGNMENT. SEE DETAIL A! *Bolt Handle Bar into position using* 5/16" X 3 1/4" HEX HEAD BOLT (24), 5/16" FLAT WASHERS (21), *and* 5/16" NYLON LOCK NUT (22).





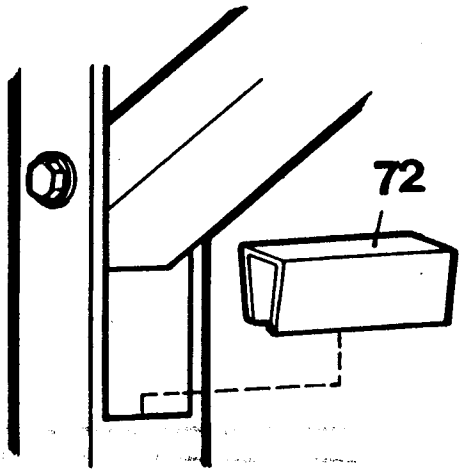
DETAIL A

☐ *Press* 1" ROUND PLASTIC INSERT CAP (70) *onto ends of Handle Bar.*

☐ *Wipe liquid dish detergent over surface of Handle Bar ends and press on* 1" X 5" FOAM GRIPS (71).

☐ *Assemble* PLASTIC BUMPER (72) *to bottom side of Long Slot in* MAIN FRAME (1) *where it comes in contact with* ARM PRESS ARM (18). SEE DETAIL B! (FOR BEST RESULTS GLUE THE PLASTIC BUMPER.)

☐ *Position* ARM PRESS RESISTANCE SCALE DECAL (50) *on top side of* ARM PRESS ARM (18).



DETAIL B

ABOUT "FLEX BAND RESISTANCE"

The resistance for all exercise stations is achieved by use of specially engineered "Flex Bands" and geometrically positioned resistance holes.

Unlike other band resistant gyms that require several sets of strength bands to produce different amounts of resistance, this gym requires only one set.

By moving the position of the "Flex Bands" along a series of resistance settings the weight resistance can be increased from 30 lbs. to 110 lbs. on the Arm Press and Leg Curl stations and from 15 lbs. to 55 lbs. on each of the Pec-Deck Arms.

HOW TO USE EACH EXERCISE STATION:

THERE ARE THREE POSITIONS FOR USING THE ARM PRESS. THESE POSITIONS ARE: ARM PRESS, SEATED MILITARY PRESS, AND LAT PULL DOWNS.

ARM PRESS STATIONS:

☐ *First cap each end of the* **3/4" X 9" ARM PRESS BAND BAR (73)** *with* **3/4" ROUND PLASTIC INSERT CAPS (38).**

☐ *Insert Bar into bottom hole position on the Main Frame.* **(POSITION A)**

☐ *Slide one* **"FLEX BAND" (8)** *onto each end of Bar. Secure each Band with* **LARGE SPRING CLIP (74).**

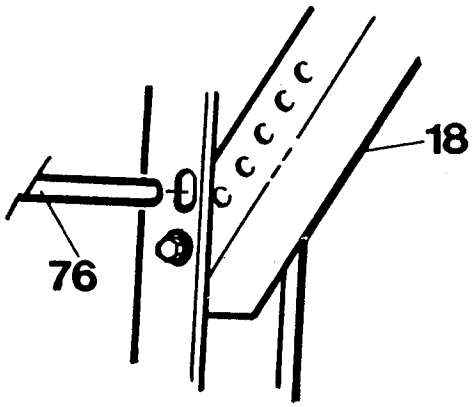
☐ *Select desired amount of resistance you wish to use and secure Band into position using* **4" L-PIN (76)** *and* **SMALL SPRING CLIP (75).**

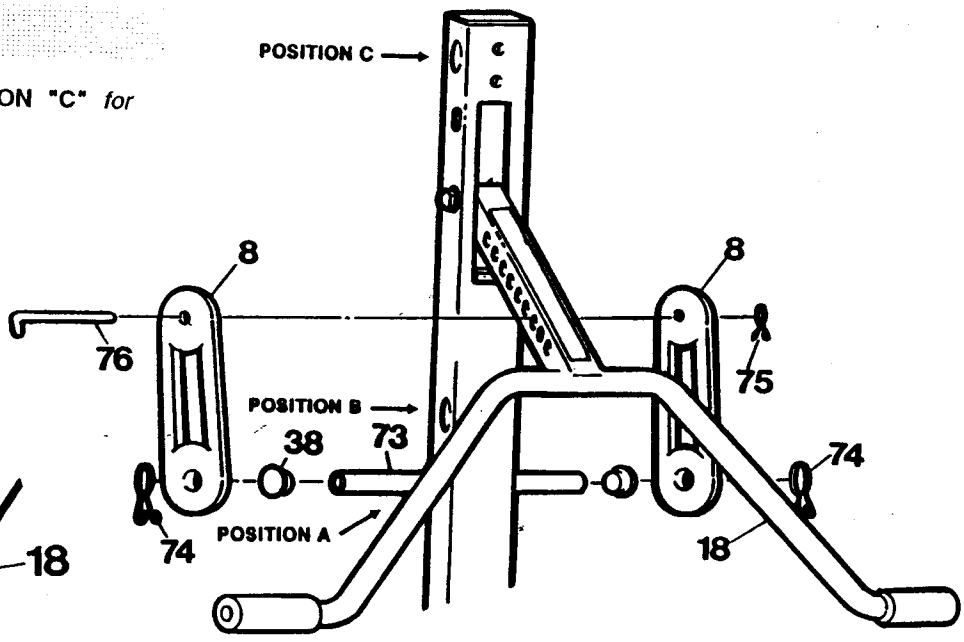
MILITARY PRESS:

☐ *Position* **BAND BAR (73)** *into* **POSITION "B"** *to do all seated press exercises. Bar position can be changed from one anchoring hole to another without having to remove bands from Arm Press Arm by simply sliding pin completely out of Bands and Frame and re-pinning in other location.*

LAT PULL-DOWNS:

☐ *Move Band Bar to top* **POSITION "C"** *for Pull-Down Exercises.*





» NOTE: *When using the Bands on other stations, pin the* **ARM PRESS ARM (18)** *in the up position by using* **4" L-PIN (76)** *and* **SMALL SPRING CLIP (75)** *in the slot in the Frame and into and through one of the resistance holes in the Arm Press.*

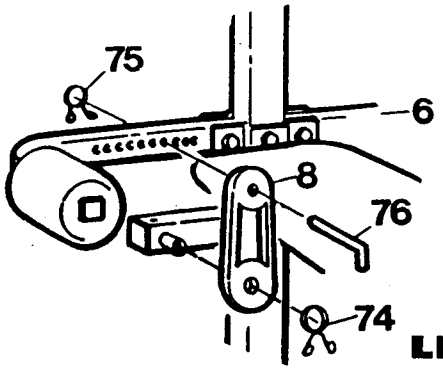
PEC-DECK EXERCISES

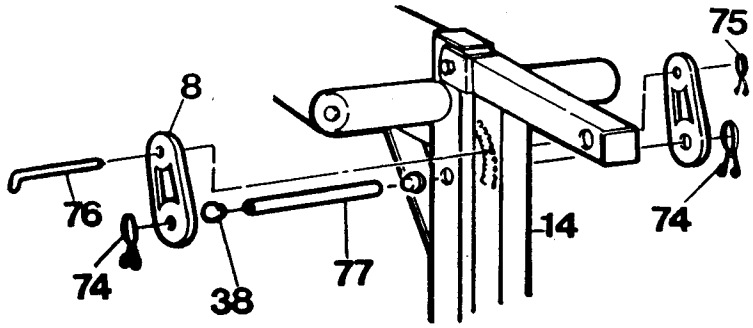
☐ *Insert "Flex Bands" onto posts on Pec-Deck Crossbar of Main Frame. Secure each Band to Post with a* **LARGE SPRING SLIP (74).**

☐ *Secure other end of* **FLEX BANDS (8)** *to* **PEC-DECK ARM (6)** *using* **4" L-PIN (76)** *and* **SMALL SPRING SLIP (75).**

Again resistance can be selected from 15 to 55 lbs. per arm as per your choice.

For proper conditioning you should always use the same amount of resistance on each arm when working both arms at once.





LEG EXTENSIONS & CURLS:

☐ *Into each end of the* **3/4" X 6" LEG CURL BAND BAR (77)** *insert a* **3/4" ROUND PLASTIC INSERT CAP (38).**

☐ *Insert Band Bar into bar location holes in Front Leg of Backbone. Assemble* **"FLEX BANDS" (8)** *onto each side of Bar and secure each with* **LARGE SPRING PIN (74).**

☐ *Attach other end of* **"FLEX BANDS"** *to desired resistance hole in* **LEG CURL (14)** *using a* **4" L-PIN (76)** *and* **SMALL SPRING CLIP (75).**

LEG EXTENSIONS:

To do Leg Extensions, sit so that your legs are over the foot of the bench and the foam rollers are in the bend of the knees. Position feet behind foam rollers and extend legs forward until straight. If you are unable to straighten legs fully, reduce resistance until it is posssible. As you build strength in your legs, you can increase the resistance.

LEG CURLS:

Laying on your stomach, position your body so that your knees are atop the Knee Rollers at the foot of the bench.

Hook Heels under Roller Pads at the end of Leg Curl Arm. Bring Feet back over Leg as far as possible, then slowly straighten Legs back to beginning position.

BICEPS CURLS & ROWING:

Some additional exercises that can be performed with the Leg Curl Extension are seated Biceps Curls and Seated Rowing.

By removing the Foam Rollers from the Pad Bar at the end of the Leg Curl the Bar acts as a Curl Bar.

SEATED ROWING:

Again positioned forward on the Bench reach forward and grasp the Pad Bar. Pull back on Leg Curl to touch chest while keeping elbows extended and away from your body.

GENERAL EXERCISE NOTE:

As in any exercise program, start out doing exercises at a resistance setting that you are comfortable with.

Do repetitive sets of exercises to condition your muscles before increasing the pounds of resistance.

Over the days and weeks gradually increase the number of reps, sets and resistance as your muscular endurance increases.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

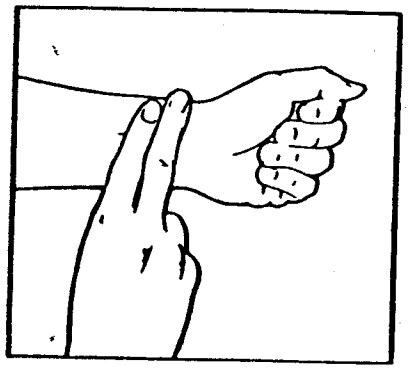
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

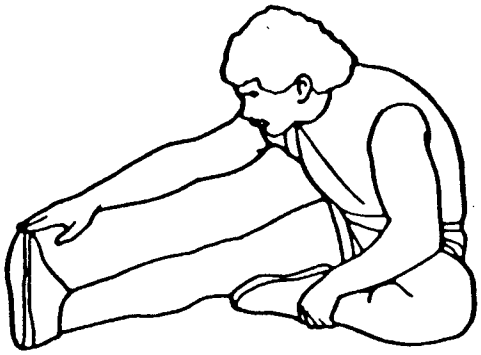
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

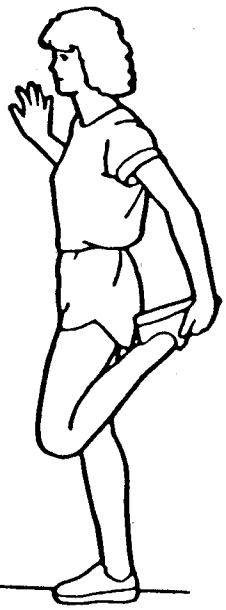
TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

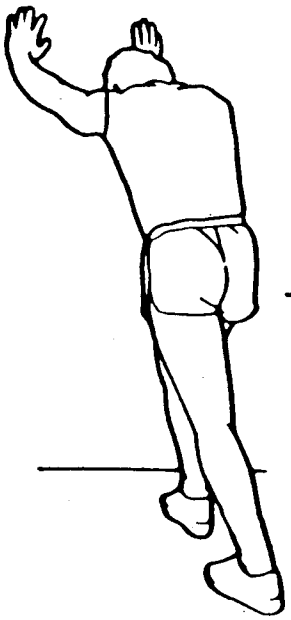
With one hand against a wall for balance, reach behind you and pull up your foot. Bring you heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



Stretches: Calves, Achilles Tendons, and Ankles